



Healthy choices make healthy children.

The food you eat each day affects your health for a lifetime. It helps determine how you feel today, tomorrow and in the future. Using Food Stamps can help put more healthy foods like fruits, vegetables and whole grains on your table.

Are you getting the full benefit of Food Stamps?

- Food Stamps can be a family's safety net when money is tight.
- Eating healthy foods can help you feel more energetic.
- Well-nourished children do better in school.
- Eat plenty of fruits, vegetables, and whole grains daily to reduce your risk of diet-related diseases. Reduce your risk of type 2 diabetes, heart disease, stroke, and some types of cancer.
- Check the Nutrition Facts labels on the cans, bottles, and boxes when you shop. Compare the amount of fat, sodium, sugar and calories on food labels. Nutrition Facts can help you choose the foods that are best for your family.
- To learn more about the right amounts of healthy foods to serve your family every day, visit www.mypyramid.gov.
- For more information on how to qualify, Californians can call **1-888-328-3483**.



This material was funded by the USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

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Foods to love for the love of your family.

Food Stamps make healthy foods more affordable.



Healthy tips to make healthy families.

Food prices are increasing. Eating healthy can be a challenge. Here are tips to save money and keep your family healthy.



Tips for Eating Healthy at Home

Add fruits and vegetables to meals you make. Add fruit to cereal, tomatoes to sandwiches and bell peppers to pasta sauce.



Instead of buying prepared meals, learn to cook them yourself. Bake, steam, and broil your way to better health!

Limit added fat, salt or sugar while cooking.

If your family drinks juice, make sure it is 100% fruit or vegetable juice.

Choose fat free or 1% milk for adults and children over 2 years old.



Make the switch to whole grain cereals, bread, tortillas and pastas. Be sure to look for the words "100% whole grain" on the packaging.

Ask your children to help with meal planning, shopping and cooking. They will be more likely to try new healthy foods.

Go to www.cachampionsforchange.net to find low-cost, easy-to-make recipes.



Tips for Healthy Shopping on a Budget

Plan meals around healthy foods that have coupons or sales. Look for them in the weekly sales ads at your local grocery store.

Make a shopping list based on your meal plan and the money you have to spend on food.

Mark foods on your shopping list as either "need" or "want". Be sure to shop for all your "need" items first and shop for your "want" items with the money you have left.

Buy frozen or canned fruits and vegetables. Make sure they have no added sugar or fat and are low in sodium.

Buy fruits and vegetables in season or on sale to save money.

When buying nuts, try the baking or bulk aisles first. Sometimes the nuts sold there are less expensive than ones found in the snack aisle.

Check foods that are sold in bulk to see if they are a better deal. Look for oatmeal, whole grain flour, dried beans, brown rice and nuts in bulk.

Buy less expensive generic or store brands of food.



Tips for Physical Activity



Take part in a variety of physical activities. Find a friend or family member to do it with you. It can help you stay motivated.

Keep your children moving by getting them to dance to music, jump rope or help with chores. Children should be active for at least 60 minutes a day.

Stay active throughout the day. Try taking the stairs whenever they are available. Get off the bus or park your car farther from your destination.

Look for low cost or free fitness classes and team sports in your community. Adults should be active for at least 30 minutes a day.

Check out www.cachampionsforchange.net for ideas on how to be active at work, school and home.

